

Mayor's Message - Stay Safe Stay Healthy



Dear Issaquah neighbors,

I'm so thankful for our community's continued support as we navigate these uncertain times during a global pandemic. I'm writing this update in July 2020, as COVID-19 cases continue to rise in King County.

Months ago, the state created a phased approach to reopening called "Safe Start" that varies by county. I've received many questions about what this plan means for King County, and specifically Issaquah.

As Mayor, I look to the state and King County to set safety standards based on data, health expertise and science for our entire region.

As a City, we are here to implement these standards, ensure our community is following orders and address our community's specific needs (such as rental assistance, help for our partner nonprofits and targeted support for local businesses). Learn more at **issaquahwa.gov/COVID19**.

We are also here to provide Parks and Community Services to our beloved community, as deemed safe by public health officials.

First and foremost, safety is our priority. Every service decision we make is based on guidance from Public Health – Seattle & King County. We are excited for the day our programs and facilities can return to full operations. Until then, we remain flexible, creative and dedicated to supporting your physical and mental health.

Thank you again for your support.

Yours in Service,

Mayor Mary Lou Pauly

@MayorMaryLou | mayor@issaquahwa.qov

Meet Your City Council



Victoria Hunt Council President victoriah@issaquahwa.gov



Chris RehDeputy Council President chrisr@issaquahwa.gov



Barbara de Michele Councilmember barbd@issaquahwa.gov



Lindsey WalshCouncilmember
lindseyw@issaquahwa.gov



Stacy Goodman Councilmember stacyg@issaquahwa.gov



Tola Marts Councilmember tolam@issaquahwa.gov



Zach Hall Councilmember zachh@issaquahwa.gov

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- Community Center 425-837-3300
- Pool 425-837-3350
- Senior Center 425-392-2381
- aparksrecreation@issaquahwa.gov
- issaquahwa.gov/parks





City News

See if You Qualify: Utility Rebate



Did you know that low-income households in Issaquah can apply for a yearly \$100 utility rebate check?

Here's the process:

- See if you qualify.
- Apply to Puget Sound Energy's HELP program.
- Once approved, fill out the City's online application.

Don't delay! Applications (once you are accepted to PSE's HELP program) must be submitted to the City of Issaquah by Sept. 30, 2020.

Learn more about the program, as well as other rebates and discounts at **issaquahwa.gov/discounts**.

Questions? Contact Human Services Coordinator Monica Negrila at monican@issaquahwa.gov.

Not Too Late: 2020 Census



The 2020 Census is more than a population count. It's an opportunity to shape the future of your community!

It's not too late to respond online, by phone or by mail.

The census count provides critical data that lawmakers, business owners, teachers and many others use to provide daily services, products and support for you and our community. In addition to local and state funding support, the results of the census also determine the number of seats each state will have in the U.S. House of Representatives, which are also used to draw congressional and state legislative districts.

However you choose to respond, it's safe, confidential and protected by law.

It's important to note that the Census Bureau will never ask for your immigration status, Social Security number, bank or credit card account numbers, money, for donations or anything on behalf of a political party.

Help your neighbors and your community by ensuring they participate in the Census and know how to fill it out!

Learn more at issaquahwa.gov/census.

Hours & Locations

Issaquah Community Center

301 Rainier Blvd. S Issaguah, WA 98027

Center Hours

MONDAY - FRIDAY • 7 AM - 9 PM SATURDAY • 8 AM - 4 PM

Julius Boehm Pool

50 S.E. Clark Street Issaguah, WA 98027

Pool Hours

MONDAY - FRIDAY • 6:30 AM - 8:30 PM SATURDAY • 12:30 PM - 4 PM

Issaquah Senior Center

75 N.E. Creek Way Issaguah, WA 98027

Center Hours

Doors open: Lunch to go
MONDAY - FRIDAY • 12 PM - 12:30 PM

Register for Virtual Events 9 AM - 4 PM at 425-393-2381.

ATTENTION!

Both the Issaquah Community Center & Julius Boehm Pool will fully reopen to patrons once King County reaches Phase 3 of Washington State's Reopening Phased Approach. The Issaquah Senior Center will open to patrons once King County reaches Phase 4.

HOLIDAY CLOSURES (ALL LOCATIONS)

MONDAY, SEPT. 7 - LABOR DAY
WEDNESDAY, NOV. 11 - VETERANS DAY
THURSDAY & FRIDAY, NOV. 26 & 27 - THANKSGIVING

Registration & Fee Information

The City of Issaquah follows all recommendations issued by Public Health – Seattle & King County, our public health agency. Programs, events or facility availability may change quickly based on this guidance, which helps keep our community safe during the COVID-19 pandemic. For the latest updates, go to issaquahwa.gov/parks.

Fees

Participants who live outside of Issaquah's city limits can expect to pay about 20% more than residents for certain parks and recreation programs. The general rate ensures that families living outside of Issaquah contribute to services on an equal basis with residents who pay City taxes.

Fair Play in Community Sports

The City of Issaquah complies with the State of Washington's Fair Play in Community Sports Act (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex.

Easy Registration

issaquahwa.gov/register or 425-837-3300

Scholarships

The Parks & Recreation Department scholarships are generously funded by individual, corporate and community group donations. *To receive a scholarship or discount, applicants must:*

- Meet the City's income eligibility requirements
- Live in Issaquah (adults) or live within the Issaquah School District boundary (18 and under)

Each calendar year, the maximum scholarship awards are \$350 per participant and \$600 per family. Scholarships are available at 100%, 75% and 50% of program fees. *Applicants must provide proof of income eligibility with the following:*

- DSHS services approval letter
- Documentation that preschool-aged child is participating in Head Start
- Most recent tax return and W-2 income information

To learn more and apply, go to issaquahwa.qov/scholarships.

General Refund Policy

4 Days or More Prior to Start Date

3 Days Prior to Start Date and Beyond

5% Fee

No Refund

- Transfers and withdrawals requested 4 days or more in advance of the start date will be subject to a 5% fee
- No refunds or credits will be processed 3 days before the start date and beyond

Other Important Information

- Programs are subject to minimum enrollment. If a program is canceled due to low enrollment, a full refund will be processed
- Passes and Punch Cards are non-refundable and non-transferable
- This is not a universal policy; it does not apply to Rentals, Day Camps and Preschool which are subject to independent policies

Facility Use Fees 30 Day		Day	Annual		
	Daily	Resident	General	Resident	General
Youth & Military*	\$5	\$24	\$28.80	\$210	\$252
Adult (18-61)	\$6	\$36	\$43.20	\$360	\$432
Family	\$15	\$72	\$86.40	\$600	\$720
Seniors/Gold Pass (62+)	\$4	\$5	\$6	\$60	\$72

^{*}Military must show valid ID

Rentals

The City of Issaquah follows all recommendations issued by Public Health – Seattle & King County, our public health agency. Programs, events or facility availability may change quickly based on this guidance, which helps keep our community safe during the COVID-19 pandemic. For the latest updates, go to issaquahwa.gov/parks.

Parks, Fields & Picnic Shelters

Considering a family picnic or child's birthday party in the park? Picnic shelters at these parks are available for reservation:

- Central Park
- Confluence Park
- Tibbetts Valley Park
- · Tradition Plateau
- · Gibson Park

Have a team or group activity that requires the use of open space? Ballfields at these parks are available for reservation:

- · Central Park
- · Squak Valley Park
- · Tibbetts Valley Park
- · Veterans' Memorial Field

For more information, go to issaquahwa.gov/rent, or call 455-837-3300.

Community Center

Reservations of the gym courts and multi-use rooms at the Community Center are available on a first-come, first-served basis.

Gym and Room Rates

General	\$36/hour
Resident	\$30/hour
Off-Hours	\$50/hour

Gym Equipment Fees

Volleyball or Pickleball Nets	. Included in rental fee
Basketballs	. Included in rental fee
Floor Hockey Equipment	. Included in rental fee
Birthday Parties	Above fees apply

For more information, go to **issaquahwa.gov/rent**, or call 425-837-3300.

Senior Center

For more information about room rates or full facility rentals at the Senior Center, please call 425-392-2381.

Julius Boehm Pool

Reservations of the pool and multi-use room at the Julius Boehm Pool are available for private parties on Saturday after 6 PM and Sunday after 4 PM.

Private Facility Rental

Pickering Barn

Pickering Barn is a premiere site for wedding ceremonies, receptions or your event.

Conveniently located in downtown Issaquah, the 12,000-square-foot Pickering Barn's spacious banquet rooms can accommodate up to 350 guests. Our courtyard provides a great outdoor space for wedding ceremonies and social gatherings.

For more information, go to issaquahwa.gov/pickeringbarn, call 425-837-3320 or email pickeringbarn@issaquahwa.gov.

Leave your mark in an Issaquah park!

The City of Issaquah's Bench Donation Program is a wonderful way to give. Your gift will be enjoyed by many in our community and your contribution is a way to enhance the City's park system.

• Bench Cost

\$3,000 includes: bench, plaque, concrete pad, installation and maintenance.

Bench Location

View the City's pre-approved donation bench locations on the City Website.

· Bench Styles

Bench styles are predetermined and specific to each park according to the park's master plan and/or City standard.

Plaque

Your donation will be recognized by the placement of a plaque that will be mounted on the backrest of the bench.

Process

Upon submittal of your inquiry form, City Park Planning staff will contact you for further coordination prior to payment. Upon approval and payment, your donation bench will be installed in the next available installation window. Installation windows are determined by seasonal variations in workload and weather impacts. The bench donor will be contacted a minimum of 3 days prior to installation. Upon installation, the bench shall vest with the City.

For more information, contact Jennifer Fink 425-837-3322.



Farmers Market

The market has been extended through October 24th this year!

- Masks will be required for those who can wear them
- Hand-sanitizing stations will be provided; please use them
- Contactless payments are preferred. Check out the vendor list to see who is doing preorder and online options
- Entrances and exits to the market will be limited
- Limit your visit to 20 minutes once inside, if possible

Issaquah Welcomes You!

A Celebration of Our Diverse Community All Ages

Welcoming Week is a national event to help build unity between recent immigrants, refugees, and long-time residents. This year, we are going virtual! The City of Issaquah is joined by the Issaquah Library, Issaquah Schools Foundation Cultural Bridges, Downtown Issaquah Association, and the Issaquah Highlands in celebrating Issaquah's cultural diversity in recognition of Welcoming Week. We are "creating home together!"

For more information about this national campaign, visit welcomingweek.org. Visit the City of Issaquah website for opportunities to participate in a local recognition and celebration of Welcoming Week issaquahwa.gov/WelcomingWeek.





Issaquah Parks & Recreation Preschool *Ages 3 – 5*

We are excited to roll out our multi-faceted plan for Preschool this Fall! Our modified program includes in-person class time, virtual meet-ups, and take-home activities. With the ultimate objective of kindergarten readiness, our staff works with families to:

- Foster and encourage socialization
- Teach and increase cooperation
- Enhance listening skills

The preschool follows the Issaquah School District calendar of holidays and breaks. More information can be found at **issaquahwa.gov/preschool**. Call 425-837-3300 to inquire about current openings and waitlists.

The 2020 - 2021 Fall Program

At Memorial Park Center

Age 4

At Issaquah Community Center

Age 3

IN-PERSON CLASS TIME: TUESDAYS OR THURSDAYS • 8:45 AM - 10:45 AM

General Fee\$226/month
Resident Fee\$188/month

Ages 4 - 5 / Pre - K

IN-PERSON CLASS TIME:

MONDAYS, WEDNESDAYS OR FRIDAYS • 8:45 AM - 10:45 AM

Young Rembrandts

Young Rembrandts Drawing classes are being offered both in-person and virtually! Supplies are included in both formats. Virtual class participants will login to Zoom at the same time as the in-person participants arrive at the Community Center. Virtual participants will receive an email one week prior to class with login information and supply pick-up details.

Preschool Drawing Class Ages 3.5 - 5

Encourage your preschooler's enthusiasm for art. This fall, Young Rembrandts introduces drawing lessons that will excite your budding artist. A drawing of a friendly caterpillar will introduce our students to the wonderful world of drawing. Apple trees, acorns and birds are just a few of the many great lessons our students will learn. There's no better time than NOW to enroll your child into a Young Rembrandts class!

Issaquah Community Center OR Virtually on Zoom

- SESSION 1: SATURDAYS, OCT. 17 NOV. 7
 9 AM 9:45 AM
- SESSION 2: SATURDAYS, NOV. 21 DEC. 19
 9 AM 9:45 AM (NO CLASS ON 11/28)

General Fee	\$83
Resident Fee	\$69

Saturday Cartoon & Drawing Class Ages 5 – 10

Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon Drawing class. We'll get the party started with our drawing and learning about expressions. Cartoon classes are often harder as we cover many drawings in one class! Big words, Soccer in Action and Candy Characters are a few of the awesome art we'll be doing this fall. Give your child the gift of learning and artistry. Enroll your student today!

Issaquah Community Center OR Virtually on Zoom

- SESSION 1: SATURDAYS, OCT. 17 NOV. 7 10:15 AM - 11:30 AM
- SESSION 2: SATURDAYS, NOV. 21 DEC. 19 10:15 AM - 11:30 AM (NO CLASS ON 11/28)

General Fee	\$9!
Resident Fee	\$79



Teen Art Club

Imagination via Sketchbook Age 12 - 17

Sketchbooks are essential to every artist. It's where ideas are born, where imagination is ignited, where skills are developed. In this workshop, students will learn how to create and design their own sketchbooks by hand! Develop a personal theme for their book and create visual journal pages that follow their theme in multiple materials, including pencil, colored pencils, markers, and paint. Price includes all art materials.

Issaquah Community Center OR Virtually on Zoom

TUESDAYS, OCT. 6 - NOV. 10 • 4 PM - 5 PM

General Fee	\$119
Resident Fee	\$99

S.T.E.A.M. Ages 6 – 10

Join Cascade Enrichment to explore the world of Science, Technology, Engineering, Art, and Mathematics. Take part in educational series that will get your kids thinking, solving, and creating.

Play Chess Like a Grandmaster

Learn chess principles and tactics with stories and examples from the games of former world champion, Viswanathan Anand, Mikhail Tal, and Magnus Carlsen. All skill levels welcome. Join for one session or both.

Issaguah Community Center

SATURDAYS, OCT. 10 AND NOV. 14 • 10 AM - 12 PM

General Fee	\$48
Resident Fee	\$40

S.T.E.M. Workshops

Issaquah Community Center

SATURDAYS • 10 AM - 12 PM

General Fee	\$48
Resident Fee	\$40

November 7: Made of Cells

Did you know that you have trillions of cells that make up you!? Explore the micro-world of cell biology. Kids examine various cells under the microscope and create their very own cell model using creative materials.

December 5: Science Forensics with Scooby Doo!

A mystery needs to be solved! It's our special friend, Scooby's, birthday but the cake has been eaten and presents were thrown around the room. Can you help us figure out what happened? Use clues found all over the room, such as hand writing samples, teeth impressions, and more!

BRAND NEW! Schoolhouse Rec! Grades K - 5

With online school in full-swing, Issaguah Parks & Community Services is excited to offer "Schoolhouse Rec!", a full-day program to help with online learning.

Issaquah Community Center

MONDAY - FRIDAY • 9 AM - 4 PM

General Fee	\$60/day
Resident Fee	\$50/day

Extended Care Available: 7:30 AM - 9 AM and 4 PM - 6 PM will be offered for an additional cost upon need.

General Details:

"Schoolhouse Rec!" staff are here to assist students through their online school schedule, including both synchronous and asynchronous learning times. Staff have become skilled at Zoom, Clever and Seesaw. Children can take a break from their desk for independent reading time in the bean-bag chair filled reading corners. "Schoolhouse Rec!" has the added benefit of socialization during lunch, recess and Wednesday afternoon art, PE and silly activities to get the blood pumping. Each day, parents will receive a daily progress report.

"Schoolhouse Rec!" is available for students in grades K-5 and children will be assigned to a classroom cohort based on their grade. Each cohort will have a dedicated classroom and staff team to help ensure a healthy learning environment. The school day and program calendar will follow the Issaquah School District plan. No refunds within 10 days prior to the start of the month. If your child has the privilege of returning to in-person school on registered days, we are happy to issue a full refund.

Students will need to provide their own laptop, headphones, laptop case and any other necessary school supplies. We can provide paper, pens and basic office supplies when needed, but encourage students to bring anything else they think they'll need to be successful. Laptops will not be permitted to stay at the Issaguah Community Center overnight.

Health & Safety and Ratios:

A COVID Health and Safety Plan is in place to keep both students and staff safe. CDC Guidelines for handwashing, physical distancing, and disinfecting will be strictly followed. Students and staff will be required to wear masks while inside the Issaquah Community Center and outside when physical distancing isn't possible. Learning stations will be setup 6ft apart and activities will be planned to maintain physical distancing. Classrooms will hold between 9-14 students based on grade and room capacity. The City of Issaquah policy states that we cannot hold or administer medication. If a student needs medication, it is up to the student and parent to figure out the proper protocol. A Participant Information Form is also required.

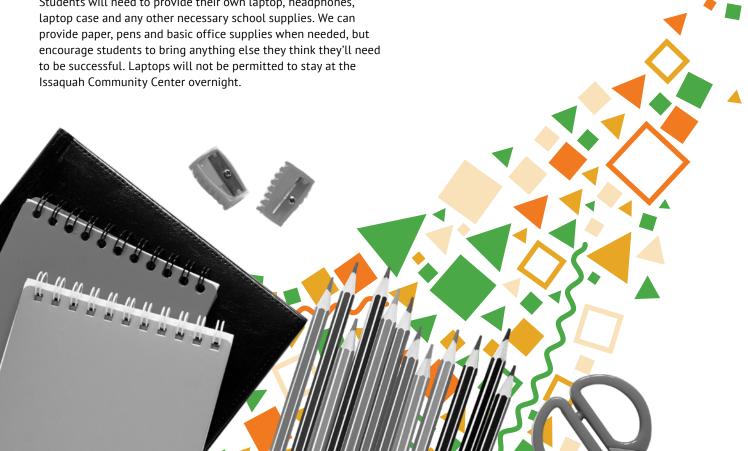
Registration and Payment Process:

Family-friendly options are available for the duration of Fall quarter! Families may choose the day of the week for a month's time. For example, if childcare is needed for Monday through Wednesday in September, families will separately enroll for Mondays in September, Tuesdays in September and Wednesdays in September. Note: Total monthly fees will vary depending on number of program days that month.

Families may secure a place for future days and months with a \$20 deposit. Monthly balance will automatically be paid one week prior to the start of each month.

Join "Schoolhouse Rec!" this Fall to help YOU and your child better navigate through the 2020-2021 school year!

We are all in this together!





Issaguah Community Center

Fees

Use your current pass, or pay the following drop-in fee:

16 - 17 years old	\$5
18 - 61 years old	\$6
62+ years old	\$4

Fitness Center

6 PM - 9 PM

Treat yourself to a full body workout in the Community Center Fitness Center, which includes Precor machines, stationary bikes, stair climbers, elliptical cross-trainers and treadmills! Our facility features complimentary WiFi and TVs with cable.

6 PM - 9 PM

Indoor Track

Looking for a place to continue your daily run or walk—rain or shine? Keep moving indoors on our track accessible on the second floor of the Community Center. Only walkers or joggers are allowed (please no strollers, riding toys or balls on the track). We ask that walkers stay to the inside of the track, and travel with no more than two people across. Shoes are required. In total, 11.3 laps equals a mile!

Age Requirements

Customers can start using the fitness center and track at age 13, when accompanied by an adult. Anyone 16 and over can use the facilities unsupervised.

Drop-in Open Gym Programs

	- 3			
Monday	Tuesday	Wednesday	Thursday	Friday
16+ Pickleball	40+ Hoops	16+ Basketball	16+ Pickleball	16+ Basketball
12 PM – 2 PM	12 PM – 2 PM	12 PM – 2 PM	12 PM – 3 PM	12 PM – 2 PM
16+ Basketball	16+ Pickleball			
12 PM – 2 PM	12 PM – 2 PM			
16+ Volleyball	16+ Basketball			

Fitness Classes

Mommy's Fit Zone

Interval training system combining strength, cardio and abs. We carefully design and develop our classes using proven methods that deliver results! First Class FREE!



MONDAYS, WEDNESDAYS & FRIDAYS • 9:30 AM - 10:30 AM

Contact Thearany at **mommysfitzone@gmail.com** or 206-351-6394 for more information or to register.

Seeking Fitness Instructors

The Issaquah Community Center is seeking enthusiastic group fitness instructors. If you are looking for a place to teach your group fitness class, we would love to discuss the opportunity. Please reach out to Molly Simpson at **mollys@issaquahwa.gov** or 425-837-3388.

Engage Fitness

Engage Fitness will help you stay on track with your health and fitness goals from the comfort of your own home! Whether you are looking to supplement your current regime or you just haven't been able to get into a good routine with exercise and self care, Engage Fitness is here for YOU! With over 20 instructors and 60+ classes/week, there is something for everyone. Mom can strengthen and lengthen her muscles with Pilates. Dad can burn off some steam with kickboxing. The kids can improve balance and self control with Martial Arts. All classes are LIVE which means you have to schedule your workouts and make your health a priority. LIVE also means real time instruction. Even if you choose to have your video off, you'll hear and feel the support from your coach.

The world is unpredictable right now, but your workouts don't have to be. If you want predictability, we have consistency that will help you keep to a routine. If you want constant stimuli, we have plenty of variables to keep your mind and body engaged.

We can't wait to ENGAGE with you!



For the most up to date information & pricing, please visit issaquahwa.gov/parks and navigate to Health & Fitness.



Swim Lessons: Basic Series

Parent & Child Class

A parent is required to be in the water with the child. Children learn how to move the water with their hands and feet. They will gain comfort and confidence in the water while having fun and singing songs. Parents will learn about water safety and how to swim safely with their children.

Preschool 1 Ages 3 – 5

This class is a beginner class that will focus on water comfort, floating, kicking, and water safety.

Preschool 2 Ages 3 – 5

This class will focus on flutter kicking on front and back, independent floating, elementary backstroke, beginning to swim with arms, and water safety.

Preschool 3 Ages 3 - 5

This class will focus on swimming on the front, on the back, beginning side breathing, breaststroke kicking, elementary backstroke, and water safety.

Preschool 4 Ages 3 – 5

This class will focus on swimming with side breathing, backstroke, elementary backstroke, breaststroke, butterfly kicking, dives, and water safety.

Youth 1 Ages 6 - 15

This is a beginner class that will focus on water comfort, floating, kicking, elementary backstroke, and water safety.

Youth 2 Ages 6 - 15

This class will focus on flutter kicking on front and back, breaststroke kicking, front stroke, backstroke, elementary backstroke, beginning side breathing, and water safety.

Youth 3 Ages 6 – 15

This class will focus on swimming with side breathing, backstroke, breaststroke, butterfly kicking, and water safety.

Youth 4 Ages 6 - 15

This class occurs in the lap pool and children will be swimming 25 yard lengths. The class will focus on swimming with side breathing, backstroke, elementary backstroke, breaststroke, butterfly, dives, and competitive turns.

Adult Ages 16 & Up

This is a beginner class for adults. The class will focus on independent floating, swimming, and water safety.

Swim Lessons: Competitive Series

Competitive 1 All Ages

This is a competitive level class that is designed to prepare children for joining a swim team. This is the introductory class that will cover competitive techniques of freestyle, backstroke, and butterfly. This class will also cover all of the starts and turns needed for competitive swimming.

Competitive 2 All Ages

The second in our competitive series gives a more intensive class on the freestyle and breaststroke techniques. The class will also cover all of the starts and turns associated with each competitive technique.

Competitive 3 All Ages

The second in our competitive series gives a more intensive class on the butterfly and backstroke techniques. The class will also cover all of the starts and turns associated with each competitive technique.

Competitive 4 All Ages

The last class in our competitive series simulates a swim practice. Throughout the class we continue to improve the technique and endurance of the students to prepare them for swim team. This class will be very similar to a 30-minute swim practice.

Private Lessons

Private swim lessons are \$35/30 minutes. Semi-private lessons are \$25/child/30 minutes. Scheduling depends upon availability of instructors. Sold in packages of four only.

Birthday Parties

For \$150, you can rent half of the shallow end and the party room for 90 minutes. For an additional \$50, we will have a lifeguard in the water to organize games. Maximum 20 participants, for pricing on additional guests or complete facility rental, please contact the pool.

Aquatic Exercise Classes

8 AM Water Exercise

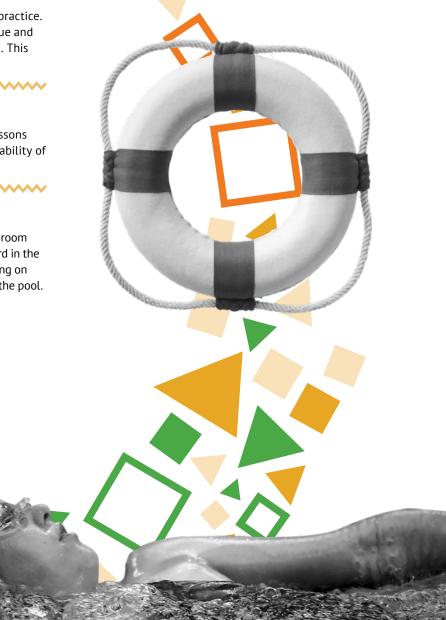
This class is available Monday – Friday from $8\,AM - 8:45\,AM$ and occurs in the deep end of the pool. The goal of this class is to improve strength and fitness.

10 AM Water Exercise

This class is available Monday, Wednesday and Friday from 10 AM – 10:45 AM occurs in the shallow end of the pool. The goal of this class is to improve flexibility, balance, and fitness.

Lifeguarding

We offer classes to become certified as an American Red Cross Lifeguard. This is a critical certification for working at any pool or waterfront location. Please call the pool for availability.





Basketball

Youth Basketball Leagues

Youth Basketball leagues are back in Issaquah for the 2020 – 2021 season! Our leagues are focused on providing an opportunity for every player to sharpen skills and broaden his/her knowledge of basketball with an emphasis on fun, learning, and good sportsmanship.

Boys and Girls leagues are available for Kindergarten – 8th grades, in addition to Boys 9th – 12th grade. Teams are formed by grade and gender with rules developed specifically for each grade level to set every player up for a successful season.

Please check **issaquahwa.gov/youthbasketball** for the most up to date season outlines, registration deadlines, and more.

Volunteer coaches are needed for all grade levels!

Youth Basketball Referees and Gym Supervisors Needed

We are looking for energetic staff to help run our recreational youth basketball program and need you to make it happen. Give back to your community and have a blast doing it! Paid and volunteer positions available for ages 14 and up. Officials are needed for Kindergarten – 8th Grade leagues! Are you 18 years or older? We are looking for interested adults to be Gym Supervisors as well as referees.

Interested? Please visitgovernmentjobs.com/careers/issaquahwa for more information and to apply or contact Jared at JaredB@issaquahwa.gov.

Skyhawks HoopsterTots Ages 2 - 6

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

Issaquah Community Center

• SESSION 1: OCT. 27 - NOV. 17

• SESSION 2: NOV. 24 - DEC. 15

Grasshoppers Ages 2 - 3.5 TUESDAYS • 9 AM - 9:40 AM

Froggies Ages 3.5 – 4.5 TUESDAYS • 9:45 AM - 10:25 AM

Kangaroos Ages 4.5 – 6.5 TUESDAYS • 10:30 AM – 11:10 AM

Skyhawks Basketball Ages 6 - 12

This fun, skill-intensive program is designed with the beginning to intermediate player in mind. Using our progressional curriculum and focusing on the whole player, we teach your child the skills needed both on and off the court to be a better athlete. Our basketball staff will focus on respect, teamwork, responsibility, and then progress into drills and games.

Issaquah Community Center

WEDNESDAYS

• SESSION 1: SEPT. 23 - OCT. 14

• SESSION 2: OCT. 21 - NOV. 18

• SESSION 3: NOV. 25 - DEC. 16

Ages 6 – 9 Ages 9 – 12 4:30 PM – 5:30 PM 5:30 PM – 6:30 PM

Soccer

Kidz Love Soccer

Kidz Love Soccer is dedicated to teaching the world's most popular sport within a nurturing, recreational environment.



A typical session experience includes age-appropriate skill demonstrations, fun games and instructional scrimmage in a safe, non-competitive way.

A Health & Safety Plan is in place. Participants will be health screened upon arrival. Masks are highly encouraged. Participants will remain 6 feet apart and will have individual supplies as needed.

Issaquah Community Center – Court 1 SATURDAYS, NOV. 18 – DEC. 16 (NO CLASS NOV. 25)

Mommy Daddy & Me Ages 2 – 3.5 6 PM – 6:30 PM

Tot / Pre - Soccer Ages 3.5 - 4 3:40 PM - 4:15 PM

Techniques & Teamwork Ages 5 – 6 4:20 PM – 5:05 PM

Skillz & Scrimmages Ages 7 – 9

5:10 PM - 5:55 PM

General Fee	\$84
Resident Fee	\$70

Virtual Kidz Love Soccer

Kidz Love Soccer is also offering virtual programs that are 30-minute classes presented over the Internet. Participants join class using Zoom and connect through any web browser.

No equipment is provided or required to participate. To ensure the security of the class, each week families are emailed a secure code they need to log into the class. In the security email, they'll also receive a list of common household items used in class.

• SESSION 1: SATURDAYS, OCT. 10 - OCT. 31

• SESSION 2: SATURDAYS, NOV. 14 - DEC. 12

Mommy/Daddy & Me Ages 2 – 3.5 9 AM – 9:30 AM

Tot-Soccer Ages 3.5 – 4

9:40 AM - 10:10 AM

Pre-Soccer Ages 4 – 5 10:20 AM – 10:50 AM

Soccer 1 Ages 5 - 6 11 AM - 11:30 AM

Soccer 2 Ages 7 – 10 11:40 AM – 12:10 PM

General Fee \$55
Resident Fee \$46

Skyhawks SoccerTots Ages 2 - 6

These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition.

Central Park

TUESDAYS, SEP. 29 - OCT. 20

Cubs Ages 2 - 3.5 9:00 AM - 9:40 AM

Bears Ages 3.5 - 4.5 9:45 AM - 10:25 AM

Grizzlies *Ages 4.5 - 6.5* **10:30 AM - 11:10 AM**

 General Fee
 \$86

 Resident Fee
 \$72



Martial Arts

Tiger Kids & Family Martial Arts

Ages 3.5 & Up

Join us for a fun multiple martial arts program for developing focus and listening skills with bag kicking, games and padded sword sparring for all ages and levels. Empty hand and weapon forms are taught from Karate-Kobudo to Taekwondo and Kung-fu, as students' progress in belts promoting achievement and goal setting.

Issaquah Community Center

SESSION 1: MONDAYS, SEPT. 14 - OCT. 12
SESSION 2: MONDAYS, OCT. 19 - NOV. 16
SESSION 3: MONDAYS, NOV.23 - DEC. 14

Tiny Tiger Taekwondo Ages 3.5 – 6 5:30 PM – 6 PM

Tiger Kids Beginning Ages 7 & Up 6 PM - 6:40 PM

Tiger Family Advanced Ages 10 & Up

6:45 PM - 8 PM

Extra Fees: Each participant will be required to pay an annual \$14 AAU insurance fee in addition to the class fee. Please make check payable to AAU and give to instructor on first day of class.

Shotokan Karate Ages 6 - 11

This is a great youth beginner's, intermediate and advanced karate program taught by Washington Shotokan Association. With its non-violent and traditional karate philosophy, Shotokan Karate is an excellent entry level and continuing karate program!

Issaquah Community Center

Beginning Karate

5:15 PM - 6 PM

- SESSION 1: WEDNESDAYS, SEPT. 16 OCT. 21
- SESSION 2: WEDNESDAYS, OCT. 28 DEC. 9 (NO CLASS NOV. 11)

Beginning/Intermediate Karate

5:15 PM - 6 PM

- SESSION 1: THURSDAYS, SEPT. 17 OCT. 22
- SESSION 2: THURSDAYS, OCT. 29 DEC. 10 (NO CLASS NOV. 26)

Continued Karate

6 PM - 6:45 PM

- SESSION 1: THURSDAYS, SEPT. 17 OCT. 22
- SESSION 2: THURSDAYS, OCT. 29 DEC. 10 (NO CLASS NOV. 26)

General Fee	\$80
Resident Fee	\$66

Gymnastics

Jet's Gymnastics Express Ages 3 – 12 Jet's Gymnastics Express

Jets Gymnastics has been teaching kids' gymnastics on the Eastside for over 20 years with a focus on building a fun and playful environment while improving their coordination and athletic ability. We accommodate a variety of skill levels and teach to the level of each boy and girl. Activities include gymnastics instruction in tumbling, bars, beam, and vault,

along with games and activities including lots of obstacle courses,

fun games, and much more.

SATURDAYS

Issaquah Community Center

• SESSION 1: SEPT. 19 - OCT. 10

• SESSION 2: OCT. 17 - NOV. 7

• SESSION 3: NOV. 14 - DEC. 12

Little Flips Ages 3 - 5

10:30 AM - 11:15 AM

 General Fee
 \$84

 Resident Fee
 \$70

Big Flips Ages 6 – 12

11:30 AM - 12:30 PM

Urban Warriors Ages 6 - 12

12:40 PM - 1:40 PM

General Fee \$86
Resident Fee \$72

MONDAYS

Issaquah Community Center

• SESSION 1: SEP. 21 - OCT. 12

• SESSION 2: OCT. 19 - NOV. 9

SESSION 3: NOV. 16 - DEC. 7

Little Flips Ages 3 – 5

3 PM - 3:45 PM

Big Flips Ages 6 - 12

4 PM - 5 PM

Urban Warriors Ages 6 - 12

5:15 PM - 6:15 PM

Urban Warriors Ages 14 & Up

6:30 PM - 7:30 PM

General Fee \$84
Resident Fee \$70

Gliders Partner Fitness Ages 5 - 12

This Gliders program will focus on cardio activities, core-building, balancing, track & field elements and general fitness. This recreational program encourages participants to strive for their personal best in a fun, stress free environment. Gliders Partner Fitness will meet for 4 weeks for a total of 8 sessions at Central Park. Each participant will need to bring their own water bottle, towel and jump rope to every practice. Masks are highly encouraged to wear.

Ages 5 – 7 Session Ages 8 - 10 Session

Central Park

- MONDAY/WEDNESDAY, SEPT. 21 OCT. 14 4:15 PM 5 PM
- MONDAY/WEDNESDAY, OCT. 19 NOV. 11 4:15 PM 5 PM

Ages 7 - 9 Session Ages 10 - 12 Session

Tibbetts Valley Park

- TUESDAY/THURSDAY, SEPT. 22 OCT. 15 4:15 PM 5 PM
- TUESDAY/THURSDAY, OCT. 20 NOV. 12 4:15 PM 5 PM

General Fee	. \$84
Resident Fee	. \$70

Gliders Small Group Fitness for the Cross Country Runner Ages 7 – 15

Come join the Issaquah Parks & Recreation Gliders for outdoor running workouts exploring Central Park! We will incorporate ageappropriate, short and long-distance workouts to improve fitness and have fun! Prepare for beautiful sunny autumn days as well as rainy, muddy ones. Participants can choose to attend on Mondays/ Wednesdays or Tuesdays/Thursdays. Each participant will need to bring their own water bottle and towel to every practice. Masks are highly encouraged to wear.

Ages 7 - 9 Session Ages 10 - 12 Session Ages 12 - 14 Session

Central Park

- MONDAY/WEDNESDAY, SEPT. 21 OCT. 14 5:30 PM - 6:15 PM
- MONDAY/WEDNESDAY, OCT. 19 NOV. 11 5:30 PM - 6:15 PM

General Fee	\$84
Resident Fee	\$70

Ages 7 - 8 Session Ages 9 - 11 Session

Ages 11 - 14 Session

Tibbetts Valley Park

General Fee	\$84
Resident Fee	

Gliders Cross Country for the 9th Grade

General Fee	\$168
Resident Fee	\$140



Dream Team Cheer Ages 7 – 18

Be a part of the Issaquah Parks & Recreation beginning-to-intermediate level cheerleading squad! You will learn dances, cheers, and beginning tumbling. There will be opportunities to perform too! Dream Team has performed at halftime for the Seattle Storm and University of Washington basketball games, and numerous community events. Previous experience is not required – contact instructor with questions. Cheer classes are run by Eastside Dream Elite Cheer & Dance, eastsidedreamelite.com. (Some extra costs may be incurred for this class).

Issaquah Community Center

- WEDNESDAYS, SEPT. 16 OCT. 21 6:30 PM 8 PM
- WEDNESDAYS, OCT. 28 DEC. 16 6:30 PM 8 PM (NO CLASS NOV. 11 OR 25)

General Fee	\$108
Resident Fee	\$90

TGA Tennis Ages 5 – 11

TGA brings the tennis court to you offering a fun introduction to the game. Students focus on improving fine motor skills and coordination while learning the basic rules & etiquette of tennis. Modified equipment (provided by TGA) and activities are designed to help each student reach a new level of success in an entertaining and supportive environment.

Issaquah Community Center

Ages 5 - 7

3 PM - 3:55 PM

• TUESDAYS SEPT. 22 - OCT. 27

TUESDAYS
 NOV. 3 - DEC. 8

Ages 8 - 11

4 PM - 4:55 PM

- TUESDAYS & THURSDAYS SEPT. 22 - OCT. 27
- TUESDAYS & THURSDAYS NOV. 3 - DEC. 8

TGA Volleyball Ages 7 – 14

Our volleyball enrichment program combines athletics, academics, and life lessons to create a dynamic experience that emphasizes safety, fitness, and fun. Certified coaches lead students through station-based drills and games that develop the fundamental skills of passing, setting, serving, spiking, and blocking while using the sport to teach valuable life lessons including perseverance, leadership, and sportsmanship.

Issaquah Community Center

Ages 11 - 14

- MONDAYS, SEPT. 21 OCT.
 26 5 PM 5:55 PM
- MONDAYS, NOV. 2 DEC. 7
 5 PM 5:55 PM

Ages 7 - 10

- TUESDAYS, SEPT. 22 OCT.
 27 5 PM 5:55 PM
- TUESDAYS, NOV. 3 DEC. 8
 5 PM 5:55 PM

Adult Sports

Men's 35+ Basketball League Ages 35 & Up

THURSDAYS BEGINNING SEPT. 26 • 6 PM - 9 PM

Fee \$500/team

Open Gym Basketball Ages 16 & Up

- MONDAYS, WEDNESDAY & FRIDAYS 12 PM 2 PM
- TUESDAYS 6 PM 9 PM

Fee\$6 or current pass

40+ Hoops Ages 40 & Up

TUESDAYS • 12 PM - 2 PM

Fee\$6 or current pass

Open Gym Pickleball Ages 16 & Up

- MONDAYS & TUESDAYS 12 PM 2 PM
- THURSDAYS 12 PM 3 PM

Open Gym Volleyball Ages 16 & Up

MONDAYS • 6 PM - 9 PM

Fee\$6 or current pass





Issaguah Youth Advisory Board Grades 6 - 12

We are celebrating our 25th year as a Board! The City of Issaquah believes that youth are not only future leaders of tomorrow, but also active civic contributors of today. This Board exists to create and encourage both youth leadership and service opportunities in order to develop leadership skills, highlight youth ideas and opinions, and unite students in the Issaquah School District. The application and interview process takes place each Spring.

Congratulations to our 2020-2021 Board:

- · Anish Bhamidipati
- · Anna Wilkinson
- Anusha Manoj
- · Anushka Noori
- Anushka Saxena
- Arsha Bhamidipati
- Ashwin Manoharan
- Bijan Gulimani
- Brooke Fraser

- · Daryush Ghadiali
- Delnaz Ghadiali
- Emma Crothers
- Giada Oliva
- Harini Swaminathan
- Ian Hansen
- Jacob Rubenstein
- · Joseph Zhang
- Kanwulia Onianwa

- Kathie Huang
- Kelly Wang
 - Kunal Srivastava
 - Lucy Bentsen
 - Mansi Mishra
 - Micah Mok
 - Mina Jo
 - Nathan Beh
 - Nilin Farren

- · Parker Huang
- · Riddhi Sharma
- Rishi Hazra
- Rohan Ganesh
- Ryan Reamy
- · Sahana Rao
- Samprikta Basu
- Sean Fan
- · Shananda Dokka

- · Shivani Gupta
- · Simar Khanuja
- Tarun Shivakumar
- · Thevina Dokka
- Varnika Dokka

Senior Programs

The City of Issaquah follows all recommendations issued by Public Health – Seattle & King County, our public health agency. Programs, events or facility availability may change quickly based on this guidance, which helps keep our community safe during the COVID-19 pandemic. For the latest updates, go to issaquahwa.gov/parks.

Senior Center Access

The Issaquah Senior Center is free. All are welcome to visit and use the facility! Registration is required on your first visit. Please check in at the front desk to register. There are fees to participate in some classes and programs.

Social Activities & Events

Virtual Bingo

Virtual Bingo happens once a month. For specific date and time call the senior center at 425-392-2381 or visit the senior center website and download the current newsletter at **issaquahwa.gov/seniors**

Virtual Bingo see photo and description on page 2 of the August newsletter at issaquahwa.gov/ArchiveCenter/ViewFile/Item/692.

Private Phone Calls with Rebecca, Social Worker

Rebecca can help you navigate local resources and help tackle a wide variety of issues and obstacles you may be facing. She helps seniors get groceries delivered, sign up for affordable housing, and more. No income restrictions; anyone can talk with Rebecca. No appointments; just call Rebecca directly at 206-395-9149.

Private Phone Calls about Medicare with Statewide Health Insurance Benefits Advisors (SHIBA)

Phone appointments are available with a SHIBA employee to answer questions in the areas of Medicare, Medigap, Medicaid and long-term care insurance. Phone appointments are available on:

THURSDAY, AUGUST 20 • 10 AM, 11AM, 12PM, 1PM, 2PM, 3PM

Schedule your appointment with the Front Desk at 425-392-2381.

Education & Arts

TECH HELP WITH MICHELLE WINTERSTEIN

Bring all your computer and technology related questions—she can help! From computers to cell phones, tablets and cameras, bring yours or get help using the computers at the senior center. Sign up at the front desk for a 20-minute time slot.

Because this in person seniors need to wear a mask, sanitize their hands upon entry, and maintain 6 feet of distance between others.

MEETS EVERY THURSDAY • 2 PM - 4 PM

Free, sign up required

Overlake Medical Center Monthly Health Related Online Meetings

Join monthly health related with meetings online with a medical professional.

SECOND THURSDAY OF THE MONTH • 1 PM - 2:30 PM

Learn more at issaquahwa.gov/ArchiveCenter/ViewFile/Item/692

Yoga and Chair Yoga Live & Recordings with Barbara Stevenson

Barbara is teaching mat yoga and chair yoga online! She teaches chair yoga "live" on Wednesdays from 11 am to noon. It is recorded so you can watch it any time.

WEDNESDAYS • 11 AM - 12 PM

Here is a link that will take you directly to the class: facebook.com/groups/samenachairyoga/?ref=share

Below is a link to Barbara's evening Yoga class: facebook.com/groups/eveningyoga/?ref=share

Remember you can watch it at any time of day. *Keep your body moving!*

Mindfulness Weekly Meetings

Join us every Wednesday from 11am to 12pm on Zoom video conferencing or on the phone. We start with a short centering exercise followed by discussion on a variety of practices to stay calm and present. We are a supportive community focusing on positive ways to move forward during these challenging times.

- Find a quiet & peaceful location where you can sit comfortably for 60 minutes.
- Join from your computer or other device at zoom.us/j/4996438677
- Dial phone number: 1-669-900-6833
 Enter meeting ID: 499-643-8677#, press #

WISDOM CAFÉ

Join King County Librarian, Zlatina, as she facilitates conversations on a variety of topics on Fridays, 1 to 2 pm. You have the choice of joining by conference call or Zoom video conferencing. (see below)

 Join from your computer or other device at zoom.us/j/4996438677

Dial phone number: 1-669-900-6833
Enter meeting ID: 499-643-8677#, press #

FRIDAYS • 1 PM - 2 PM

Aug 7: Dealing with Change & Emotions: Given the many challenges in our world these days it can be easy to feel overwhelmed. We will explore helpful ways to deal with all the changes and accompanying emotions.

Aug 14: Purposeful Living Looking forward to each day relates to living fully. What gets you up every day? What would get you up with enthusiasm and a sense of purpose? We'll discuss how to infuse our days with the elements that rouse us.

Aug 21: What Does "Enough" Mean to You? How do you determine your self-worth as you age? Do you already know your assets and how to manage your internal resources? We will not be talking about finances.

Aug 28: Make Your Own Bucket List Do you have a bucket list of things you want to do before you pass on? We'll share some of what we still want to create and experience in our lives and ways to make it happen.



Virtual Classes Series

Aging Mastery Program

National Council on Aging (NCOA) created Aging Mastery as a guide to building a playbook for aging well and making the most of the gift of longer life. Aging Mastery Program provides a comprehensive and fun approach to positive aging by focusing on key aspects of health, finances, relationships, personal growth, and community involvement. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results. Mastery comes from turning these lifestyle changes into habits that lead to improved health, stronger economic security, enhanced well-being, and in-creased societal participation. Free Weekly classes on Zoom. Limit is 20 participants.

TUESDAYS, SEP. 8 - NOV. 10 • 2 PM - 3:30 PM

Registration by phone or email:

425-392-2381 or katharinew@issaquahwa.gov.

Learn more at ncoa.org/healthy-aging/aging-mastery-program.

September Virtual Memoir Writing Class

Join Kim Pearson's memoir class! Limited to 10 participants. This workshop uses themes from her book titled *Making History*. Participants will learn and receive: Emails of writing topic suggestions/questions and short historical timelines and lots more! Call to register at 425-392-2381.

STARTS: THURSDAY, SEP. 10 • 1 PM - 2:30 PM FOR 8 WEEKS!

Lunch To Go

Served M–F, 12–12:30pm. The current month's menu is available on the Senior Center website: **issaquahwa.gov/1744/Seniors**, on left blue bar click on "Senior Center Lunch Menu."

MONDAY - FRIDAY • 12 PM - 12:30 PM

Fee (60 and older):	\$4.50
Fee (Under 60):	\$6.50



Drop-In Schedule

Community Center

Program	Day/Time
16+ Pickleball	Mondays • 12 PM – 2 PM Tuesdays • 12 PM – 2 PM Thursdays • 12 PM – 3 PM
40+ Hoops	Tuesdays • 12 PM – 2 PM
16+ Basketball	Mondays • 12 PM – 2 PM Tuesdays • 6 PM – 9 PM Wednesdays • 12 PM – 2 PM Fridays • 12 PM – 2 PM
16+ Volleyball	Mondays • 6 PM – 9 PM
Toddler Time	Monday – Friday • 8 AM – 12 PM Beginning June 22: Monday, Wednesday & Friday • 8 AM – 12 PM
Middle Schools Hoops	Monday – Friday • 3 PM – 5 PM

Julius Boehm Pool

Program	Day/Time
Water Exercise, Deep	Monday – Friday • 8 AM – 8:45 AM
Water Exercise, Move & Flow	Monday – Friday • 10 AM – 10:45 AM
Lap Swim	Mondays • 6:30 AM – 3:30 PM, 7:30 PM – 9:30 PM Tuesdays • 6:30 AM – 3:30 PM, 7:30 PM – 9:30 PM Wednesdays • 6:30 AM – 3:30 PM, 7:30 PM – 9:30 PM Thursdays • 6:30 AM – 3:30 PM, 7:30 PM – 9:30 PM Fridays • 6:30 AM – 3:30 PM, 8 PM – 9:30 PM Saturdays • 12:30 PM – 4 PM Sundays • 11 AM – 4 PM

The City of Issaquah follows all recommendations issued by Public Health – Seattle θ King County, our public health agency. Programs, events or facility availability may change quickly based on this guidance, which helps keep our community safe during the COVID-19 pandemic. For the latest updates, go to issaquahwa.gov/parks.



FOR ISSACUAH SCHOOL DISTRICT STUDENTS, GRADES K-5

ISSAQUAH COMMUNITY CENTER

General Fee: \$60/day **Resident Fee:** \$50/day



